

**To investigate relationships between upper-body and trunk fitness measures used in law enforcement agencies**

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## TO INVESTIGATE RELATIONSHIPS BETWEEN UPPER-BODY AND TRUNK FITNESS MEASURES USED IN LAW ENFORCEMENT AGENCIES

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**Aim:** To investigate relationships between upper-body and trunk fitness measures used in law enforcement agencies (LEAs).

**Design:** A retrospective cohort study.

**Method:** Retrospective data were collected from two LEAs (LEA1 n=165; LEA2 n=633). The data of LEA1 included: age, weight, 1-minute push-up (1PU) and sit-up (1SU) repetitions, 1-repetition maximum bench press (1RM Bench) and bench press ratio (BPR). LEA2 included age, weight, 1PU, 1SU, grip dynamometer (GRIP) and prone plank (PLANK). A Pearson's correlation was used to calculate relationships between each of the fitness measures.

**Results:** 1PU were strongly correlated to 1SU (LEA1 r=0.660; LEA2 r=0.590) and BPR (LEA1 r=0.762), moderately to 1RM Bench (LEA1 r=0.652); and weakly to GRIP (LEA2 r=0.138). 1SU were moderately correlated to BPR (LEA1 r=0.572) and PLANK (LEA2 r= 0.578) and weakly to 1RM Bench (LEA1 r=0.394).

**Conclusion:** Police trainees and officers who present with higher levels of physical capability are suggested to perform better in a range of different physical fitness and job-specific tests. However, while there were some correlations between the upper-body and trunk fitness performance measures, the relationships were not strong enough to warrant replacing one measure with another.

**Key Practice Points:**

- Given the diverse fitness requirements of police officers, the conditioning and reconditioning of a diverse range of physical fitness measures must be developed as part of return-to-work planning.
- Even though time may be limited and there are relationships between some of these potential outcome measures, police trainees and officers should be assessed using a variety of fitness assessment measures.

**Proposed impact, if any, on the health outcomes of Aboriginal and Torres Strait Islander people:** The results of this research are likely to have no greater impact on the Aboriginal and Torres Strait Islander population above that of the non-Indigenous population

## INFLAMMATORY ARTHRITIS IS ASSOCIATED WITH IMPACTS ON INTIMATE RELATIONSHIPS AND SEXUAL FUNCTION

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**Aim:** To explore impacts on intimate relationships and sexual function in people with inflammatory arthritis (IA).

**Design:** Systematic review; PROSPERO registration: CRD42017074189.